

Evening Reflection EXERCISE

Spending just a few minutes at the end of the day before you begin your nighttime wind-down routine can help set you up for rest and get you ready for an amazing day tomorrow!

1 Write down what went well today.

Take a few minutes to reflect and celebrate a few "wins" from your day.

2 Rate your Overall:

Energy	☆	☆	☆	☆	☆
Stress	☆	☆	☆	☆	☆
Emotions	☆	☆	☆	☆	☆
Health	☆	☆	☆	☆	☆

3 How did you feel today?

- Amazing
- Pretty Good
- Just Okay
- Could've Been Better
- Thankful Tomorrow is a New Day

4 Reflect on why you felt this way. Jot down a few things that happened.

What would you like to repeat or change tomorrow?

5 Write Down 3-5 Things for which you're thankful

- 1.
- 2.
- 3.
- 4.
- 5.